

## CARE PARTNER SUPPORT GROUPS

### What are Care Partner Support Group Meetings?

Support Group Meetings offer the opportunity for caregivers to meet and share information about their experience of caring for a person with Alzheimer's disease or another dementia.

### The groups offer a supportive and confidential environment in which participants:

- meet and discuss common concerns
- exchange ideas and coping strategies
- enjoy mutual support from others
- gain knowledge and information regarding the nature and progression of the disease, treatments, and community resources

Groups meet on a monthly basis.

### How will a Support Group benefit me?

Support groups will help you to:

- feel less isolated, provide the opportunity to share feelings, and expand your knowledge of caregiving and coping skills
- understand the disease
- maintain positive self-esteem and well-being

### Who can join Support Groups?

The support groups are for people who are:

- caring for someone who has been diagnosed with Alzheimer's disease or another dementia
- comfortable sharing their concerns and experiences in a group

### Who facilitates the Support Groups?

The support groups are facilitated by trained volunteers or staff of the Alzheimer Society of Manitoba.

### How do I join?

To join a support group, contact the Client Support staff in Winnipeg or the Regional Coordinator in your area.

To attend a Support Group or for more information contact the Alzheimer Society of Manitoba at: **204- 943-6622 or 1-800-378-6699**  
E-mail: [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)  
Website: [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca)

**\*See back for complete listing of Support Group locations**

**\*\*Schedule subject to change**

PROVINCIAL - WINNIPEG 10-120 DONALD ST R3C 4G2 204-943-6622 [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)

INTERLAKE / EASTERN - BEAUSEJOUR  
TEL: 204-268-4752 | FAX: 204-268-4799  
EMAIL: [alzne@alzheimer.mb.ca](mailto:alzne@alzheimer.mb.ca)

NORTH CENTRAL - PORTAGE LA PRAIRIE  
TEL: 204-239-4898 | FAX: 204-239-0902  
EMAIL: [alznc@alzheimer.mb.ca](mailto:alznc@alzheimer.mb.ca)

PARKLAND - DAUPHIN  
TEL: 204-638-4483 | FAX: 204-638-4493  
EMAIL: [alzprk@alzheimer.mb.ca](mailto:alzprk@alzheimer.mb.ca)

SOUTH CENTRAL - WINKLER  
TEL: 204-325-5634 | FAX: 204-325-6496  
EMAIL: [alzsc@alzheimer.mb.ca](mailto:alzsc@alzheimer.mb.ca)

SOUTH EASTMAN - STEINBACH  
TEL: 204-326-5771 FAX: 204-326-5799  
EMAIL: [alzse@alzheimer.mb.ca](mailto:alzse@alzheimer.mb.ca)

WESTMAN - BRANDON  
TEL: 204-729-8320 FAX: 204-726-1082  
EMAIL: [alzwm@alzheimer.mb.ca](mailto:alzwm@alzheimer.mb.ca)

## WINNIPEG

## RURAL

### Concordia

Concordia Place Personal Care Home  
1000 Molson St  
2<sup>nd</sup> Tuesday of each month  
7 – 8:30 pm

### Downtown

Alzheimer Society office  
10-120 Donald St.  
4<sup>th</sup> Wednesday of each month  
10 – 11:30 am

### Donwood- Kildonan area

Donwood Personal Care Home  
171 Donwood Dr.  
2<sup>nd</sup> Thursday of each month  
2 – 3:30 pm

### Linden Woods

Grant Memorial Baptist Church  
877 Wilkes Ave.  
3<sup>rd</sup> Monday of each month  
7 – 8:30 pm

### St. Vital/Fort Garry

Riverwood Square  
1778 Pembina Hwy.  
Last Wednesday of each month  
8:30 pm

### Transcona

Transcona Memorial United Church  
209 Yale Ave. West  
1<sup>st</sup> Wednesday of each month  
10 – 11:30 am

### Tuxedo

Tuxedo Villa  
2060 Corydon Ave.  
3<sup>rd</sup> Tuesday of each month  
7 – 9 pm

### Westwood/St. James

Saint Basil's Ukrainian Catholic Church  
202 Harcourt St.  
4<sup>th</sup> Thursday of each month  
1 – 3 pm

### Winnipeg – North

St. Joseph's Residence at 1149 Leila Ave.  
2<sup>nd</sup> Tuesday of each month from 7 – 8:30 pm

### Interlake / Eastern

For Beausejour, Whitemouth, Gimli, Stonewall and Selkirk areas, Please call 204-268-4752.

### North Central

For Portage La Prairie, Treherne and MacGregor areas, Please call 204-239-4898.

### Parkland

For Dauphin and Swan River areas, Please call 204-638-4483.

### South Central

For Altona, Carman, Winkler / Morden and Notre Dame de Lourdes areas, please call 204-325-5634.

### South Eastman

For Steinbach, Niverville and Grunthal areas, Please call 204-326-5771.

### Westman

For Brandon, Killarney and Neepawa areas, please call 204-729-8320.

Updated November 2017

The Alzheimer Society of Manitoba exists so that all Manitobans affected by dementia receive the help they need today and have hope for the future.